

Here are our top 10 tips for helping to keep your Hearing Aids secure whilst wearing a Face Mask:

1. Tie back long hair

Keep your ears as clear as possible by tying back long hair and removing glasses before putting mask on.

2. Use the right face mask

Use a mask/face covering with four strings and ties behind the head rather than the type with ear loops.

3. Hearing aid first

Make sure if using an ear loop mask that the loop fits to the outside of the aids – so the loop holds the aids against the head.

4. Use face mask extenders

Use alternative ways of attaching the mask such as button extensions or mask extenders (these can be made or bought). Or a fastener clip for your hearing aids.

5. Frequent checking

Remember to keep checking that the hearing aids are still in place during fitting, wearing and following removal of the mask. Before leaving a location check that your hearing aids are still in your ears

6. Remove one side at a time

Remove one side of the mask at a time, as opposed to both sides at once. Never just pull the mask off, instead carefully hold the hearing aid with one hand whilst removing the mask with the other. Take your time. Alternatively take your hearing aids out first and keep them somewhere safe whilst you then remove the mask.

7. Use both hands

Make sure nothing else is in your hands when putting on or removing your mask. This will free up both hands for the task. Focus only on the task at hand ie, don't try to fit or remove mask whilst distracted talking on the phone or putting shopping in the car.

8. Find a safe place

If possible fit and remove your mask at home over a table covered with a towel so if the hearing aids fall they land softly, safely, can be easily seen and retrieved. If you can't do this at home then find a quiet corner of a building where you can check the floor if it falls down or in your car.

9. Double check

Before you discard masks or put reusable ones in the washing machine check that your hearing aids are not tangled up in the mask straps.

10. Remove glasses upwards

When wearing aids, glasses and mask, remove glasses upwards instead of forwards, slowly and whilst standing still.